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More than 1,000 *Sunan* Every Day & Night

Based on the Arabic Book
Akthar Min Alf Sunnah
Fee- Al-Yawm Wa Al- Laylah

Compiled by
Shaykh Khaalid Al-Husaynaan

Translated by:
Aboo Ismaa'eel Munir



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FOREWORD

In the Name of Allah, the Most Gracious, the Most Merciful. May the praise of Allah, in the highest of assemblies, and His peace, safety and security, both in this world and the next, be on Muḥammad (ﷺ), the best of mankind and the seal of the Prophets and Messengers.

The Prophetic sayings, actions and approvals contained in this booklet represent a good selection of the important matters necessary for every Muslim in their daily life.

It is hoped that if we implement these practices daily, doing so sincerely for the pleasure of Allah, we will have fulfilled the two conditions for the acceptability of acts of worship, namely: (i) *Al-Ikhlaas* (sincerity) and (ii) *Al-Mutaaba'ah* [adherence to the way of Prophet Muḥammad (ﷺ)]. In this way, the true believer has hope of achieving the greatest success, *Al-Jannah*. O Allah! We ask of You *Al-Jannah* and seek refuge in you from *An-Naar*!

As I sat with the translator of this book,

WAKING UP

1. Wipe the effects of sleep from the face with your hands:

Imaam An-Nawawee and Ibn Hajar stated this wiping to be desirable based on the following:

When the Messenger of Allah (ﷺ) woke up, he would sit up and rub away the effects of sleep from his face with his hand.¹

2. Say the supplication for waking up:

«الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ
النُّشُورُ»

All praise is for Allah who gave us life after death (sleep) and to Him is the resurrection.²

3. Use a Siwaak:

When the Prophet (ﷺ) woke up from the night (sleep), he used to clean his mouth with a Siwaak.³

4. Snuff water:

When one of you wakes up from sleep, then snuff water three times. For indeed, Shaytaan spends the night in the upper

part of his nose.

5. Wash both hands three times:

When one of you wakes up from sleep, he must not dip his hand into a utensil until he washes it three times...⁵

ENTERING AND LEAVING THE TOILET

1. Enter with the left foot and leave with the right.^[1]

2. Supplicate when entering the toilet:

«اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ»

*O Allah, I seek refuge in You from Al-Khubthi and Al-Khabaa'ith.*⁶

3. Supplicate when leaving:

«غُفْرَانَكَ»

*I ask You (Allah) for forgiveness.*⁷

People use the bathroom many times during the day and night. If they observe these *Sunan* for entering and leaving every time they go, they will fulfill two *Sunan* for entering and two *Sunan* for leaving.

Al-khubth and *Al-Khabaa'ith* – These are male

^[1] No evidence for entering with the left foot and leaving with the right was found. Therefore, it seems that general evidences indicating the use of the right for good and the left for the opposite have been used.

and female devils.^[1] In order to be protected by Allah from their evil, one should seek refuge from them when entering the toilet. The toilet is one of their places of abode.

^[1] There two opinions as to the meaning of *Al-khubth* and *Al-khabaa'ith*. The first is that it means, all evil and evildoers and the second is that it means, male and female devils. The *Shaykh* follows the latter opinion.